



# ACTIVITY REPORT

## 2021



### UNNAT BHARAT ABHIYAN (UBA) CELL

S.R.K.R. Engineering College (A)

SRKR Marg, China Amiram

Bhimavaram-534204

West Godavari District

Andhra Pradesh, India

## Description of the activities / events organised under UBA Cell - SRKREC:

### Nakshatravanam & Role of medicinal Plants

The dharmic institutions of Andhra Pradesh like the temples at Tirupathi, Srisailam, Dwaraka Tirumala, Annavaram and Simhachalam attract the devout from all over the country. These institutions have been encouraging the practice of dharma through their many schemes. Distribution of saplings for a nominal price has been one of the popular schemes at some of these Divya Ksethrams. The concept of Nakshatravanam seeks to preserve some of the 'keystone' species of trees that support a dense web of other living beings. Just as the Zodiac seems to support the cosmos, 27 types of trees are associated with the 27 stars ( as per Vedic astrology ) of the zodiac. The WET Centre has created a Nakshatravanam in front of it, to create awareness of this concept amongst students and visitors.



Medicinal plants are plants that have been used for centuries to treat a variety of ailments. They contain active ingredients that can have a therapeutic effect on the body. Medicinal plants are used in traditional medicine practices all over the world.

There are many different types of medicinal plants, each with its own unique properties. Some of the most common medicinal plants include:

**Ginger:** Ginger is a popular herb that is used to treat nausea, vomiting, and motion sickness. It can also help to relieve pain and inflammation.

**Turmeric:** Turmeric is a spice that has been used for centuries to treat a variety of conditions, including inflammation, pain, and arthritis. It contains a compound called curcumin, which has powerful antioxidant and anti-inflammatory properties.

**Aloevera:** It is a succulent plant that has been used for centuries for its medicinal properties. The gel inside the leaves of the plant is rich in vitamins, minerals, and antioxidants, and it has been shown to have a variety of health benefits.

**Medicinal plants** are a safe and effective way to treat a variety of ailments.



\*\*\*